Rheumatic pains are the cries of protest and distress from tortured muscles, aching oints and excited nerves. The blood has been poisoned by the accumulation of waste matter in the system, and can no longer supply the pure and health sustain-ing food they require. The whole system feels the effect of this acid poison; and not until the blood has been purified and brought back to a healthy condition will

the aches and pains cease.

Mrs. James Rell, of 707 Ninth street, N. E.,
Washington, D. C., writes as follows: "A few
months ago I had an attack of Sciatic Rheuma
tism in its worst form. The
pain was so intense that I
became completely pros-

became completely pros-trated. The attack was an



trated. The stiack was an unusually severe one, and my condition was regarded as being very dangerous. I was attended by one of the most able doctors in Washington, who is also a member of the faculty of a leading medical college here. He told me to continue his prescriptions and I would get well. After having it filled twelve times without receiving the slightest benefit, I declined to continue his treatment any longer. Having heard of S. S. (Swift's Specific) recommended for Rheumatism, I decided, almost in despair however, to give the medicine a trial, and after I had taken a few bottles I was able to hobble around on crutches, and very soon thereafter had no use for them at all, S. S. having cured me sound and well. All the distressing pains have left me, my appetite has returned, and I am happy to be again restored to perfect bealth.

the great vegetable purifier and tonic, is the ideal remedy in all rheumatic troubles. There are no opiates or minerals in it to disturb the digestion and lead to ruinous habits.

We have prepared a special book on Rheumatism which every sufferer from this painful disease should read. It is the the kind in existence. It will be sent free | slavishly follow the text book. to any one desiring it. Write our physicians fully and freely about your case. We make no charge for medical advice. THE SWIFT SPECIFIC CO., ATLANTA, GA.

EDUCATIONAL.

[Contributions for this department may be sent to Miss M'Etta Haucock, Archer, Fla., o W. F. King, Bronson, Fla.

TEXT BOOKS.

The question of text books is one that is constantly coming up. Of no class of literature are the words of scripture truer than of school books, viz: "Of making many books there is no end," The country is flooded with an almost infinite variety of text books on every conceivable subject. Just as a school has settled down to the use of a set of books with the determination to make no change then new and improved editions of these same books are issued, which render the old practically useless.

What is to be done to prevent the useless expense now demanded by the present methods of authors and publishers, aided and abetted often by the school authorities?

To a certain extent there is no remedy. Books must be had for the purpose of education. There must be some outlay, and as the public school system furnishes free education, pareuts must expect to pay something for the books used.

Some states furnish books free. Some counties, I believe, in our own state have adopted this plan, but it is only a shifting of the necessary expense upon others and necessitates increased taxation to furnish the means for this outlay, which, in the majority of cases, could be borne by the individual. Better to let each furnish their own, and in the case of the very poor, supply them, either by public charity or at the expense of the state.

Again, some books must be changed often. The history of the world is added to from year to year and the old text books become useless because they are not up with the

So with geography. The map of the world is now required to show the United States with her own possessions, when once a part of the map of

Women as Well as Men Are Made Miserable by Kidney Trouble.

Kidney trouble preys upon the mind, discourages and lessens ambition; beauty, vigor and cheerfulness soon disappear when the kidneys are out of order

> or diseased. Kidney trouble has become so prevalent that it is not uncommon for a child to be born afflicted with weak kidneys. If the child urin-

ates too often, if the wrine scalds the flesh or if, when the child reaches an age when it should be able to control the passage, it is yet afflicted with bed-welling, depend upon it, the cause of | er things! No matter how high your. the difficulty is kidney trouble, and the first ambition may transcend its duties, no sell goods as cheap or cheaper than thould be towards the treatment of

intrafery many of the thornen is of tentimonial letters received from authorers cured. In writing Dr. Kilmer

& Co., Binghamton, N. Y., be sure and

amention this paper.

the Western Hemisphere sufficed.

New discoveries have been made in the sciences, and the "revised editions" must be bought if we would teach our pupils the latest discoveries with their results. Thus far we have discussed the necessary expenditures for text books, and if this fact is rec-

ognized there will be less complaint. The usefulness of old school books is recoghized but the same law applies to everything when the new displaces the old. But because the necessary expense is so great every effort should be made not to merease that expense necessarily.

Now, every teacher of experience knows that the results af teaching depend not on the text book but on the teacher. No human being can write a treatise on any subject that can be used satisfactorily by everyone; therefore, instead of searching for the text book that will prove altogether satisfactory-which never can be found-make the text book subservient to you and to your methods, be your own text book and follow none slavishly, and you will find that the results will be most gratifying.

Take arithmetic for example. Why slavishly follow the text book? One is as good as another; I had almost said as bad as another. Exercise your own ingenuity to improve the text book that does not prove satisfactory; draw on your own mental resources for rules and problems and you will most complete and interesting book of have better results than where you

Of course some books are hopelessly bad and must be superceded, but let the changes be made with due caution. Let the boards of public instruction be on their guard lest the book agents persuade them into a change of text books by flattering offers of introductory or exchange prices. They are working in the interest of the firms who sell books.

There are some who always complain if the history used five years ago by an older brother will not do for the boy of today. There is an outcry at once. Let there be a reasonable view of the question taken by the parent and a conservative view by those who are in authority in school work and there will be a satisfactory settlement of this vexed ques-FREDERICK PASCO.

Remarkable Cures of Rheumatism.

(From the Vindicator, Rutherfordton, N. C.) The editor of the Vindicator has had occasion to test the efficacy of Chamberlain's Pain Balm twice with the most remarkable results in each ease. First, with rheumatism in the shoulder, from which he suffered excruciating pain for ten days, which was relieved with two applications of Pain Balm, rubbing the parts affected and realizing instant benefit and entire relief in a very short time. Second, in rheumatism in thigh joint, almost prostrating him with severe pain, which was relieved by two applications, rubbing with the liniment on retiring at night, and getting up free from pain. For sale by the Anti-Monopoly Drug Store.

The Convict Trust of Florida.

forthe Editor of the Banner: The elections of the nation, state and county are over and the rank and file knows that every promise made on the stump will be fulfilled by those who made them. Fearing no disappointment on that score, I beg leave to call the attention of the officers of the state of Florida, and that of the representatives in particular, to the democratic platform enunciated at Chicago in 1896, and reaffirmed and endorsed at Jacksonville in 1900, in which particular stress is laid on the abolition of trusts. The national battle cry of democracy was shouted down. Fearing that a like fate may overtake us in our state I desire to mention to our legislators that the present convict trust of our state-by courtesy called the convict lease system-is a trust of larger magnitude to the citizen and tax payer of Florida than the Standard Oil, the steel and wire trusts, or any other trust operating within our boundaries. The latter are combinations without the sanction of the state government; the former has it in big shape.

After LaGrippe-What?

Usually a racking cough and general feeling of weakness. Foley's Hone, and Tar is gauranteed to cure the "grippe cough" and make you strong and well. Take no substitute. m

The Home.

Let home stand first beyond all othbefore everything else, build up a true man, who shall together rule and bless the land.

The Railroad restaurant makes special rates to weekly boarders.

Quitman, Georgia, Forging to the Front.

Judge Joseph Tillman, well known to Florida readers, says that the town of Quitman is putting on a substantial boom. It is erecting a guana plant, an iron and brass foundry, a cotton hosiery mill and a cotton gin factory. All the South Georgia towns are making substantial and rapid progress. The Florida towns along the same section of country should not let their Georgia neighbors surpass them. They should get a hump on them.

A Good Cough Medicine for Children.

"I have no hesitancy in recommending Chamberlain's Cough Rememy," says F. P. Moran, a well known and popular baker of Petersburg, Va. "We have given it to our children when troubled with bad coughs, also whooping cough, and it has always given perfect satisfaction. It was recommended to me by a druggist as the best cough medicine for children, as it contained no opium or other harmful drug." Sold by the Anti-Monopoly Drug Store.

Words of Good Cheer.

In renewing his subscription to the Ocala Banner Mr. Lafayette Craig, of Bushton, Ill., says: "Dear old Banner: You should have had your money a month ago but La Grippe got his hold on me and I forgot you and everything else. Go on with your fight for pure democracy. All good democrats applaud your efforts."

Robert R. Watts, of Salem, Mo., writes:-"I have been troubled with kidney disease for the last five years and have doctored with all the leading physicians and have tried all remedies suggested without any releif. Finally I tried Foley's Kidney Cure and less than two bottles completely cured me and now I am sound and well." m

Hughes' Chill Tonic

Better Than Calomel and Quinine...

The Old Reliable'

An Excellent General Tonic, as well as a sure cure for Chills and Fevers. Malarial Fevers, Swamp Fevers and Bilious Fevers.

—IT NEVER FAILS— Just what you need at this season: Mild laxative, Nervous Sedative Splendid Tonic.

Guaranteed by your druggists. Don't take any substitute. Try it. ----50C AND \$1,00 BOTTLES-

Prepared by

Robinson-Pettet Co. Louisville, Ky.

DODGE & CULLENS, Proprietors, JACKSONVILLE - - FLORIDA.

Largest and Leading Open All-the-Year-Round Hotel in Florida.

LARGE SAMPLE ROOMS

RATES 82.50 TO \$1.00.

Special rates by the month during the summer.

Guaranteed Salary

Ocula

Men and women of good address to represent s, some to travel appointing agents, others for scal work looking after our interests. \$900 salary guaranteed yearly; extra comm and expenses, rapid advancement, old estab-lished house. Grand chance for earnest man or woman to secure pleasant, permanent position, liberal income and future. New, brilliant lines.

STAFFORD PRESS 22 Church St. . . New Haven, Conn.

JULIETTE.

We have a few choice lots for sale in JULIETTE, also timber, phosphat and farm lands. J. H. LIVINGSTON & SON,

We do not sell goods at cost, but do matter how far your talents or your in- those who advertise that they sell at fluence may reach beyond its doors, least. Try us and save money. Ty-

A. E. DELOUEST HARDWARE

Sash and Doors, Farming Tools,

MIXED PAINTS, READY

AT COST!

That is the price at which we are now selling our entire stock of Dry Goods. We don't mean by "At Cost" that we add for expense of handling, etc., but at actual first cost. The line includes

NOTIONS

Ladies' Woolen and Silk Dress Goods, Underwear, Linens, Jackets, Capes, Hats, BLANKETS AND COMFORTS.

AT - THE - ALLIANCE - STORE.

[Branch of Commercial Bank, Jacksonville.]

CAPITAL \$50,000

Accounts of Firms, Corporations and Individuals Solicited. Prompt Attention to all Business Entrusted to our Care. Exchange Bought and Sold.

MARAAA AAAAAAA

J. H. MORTON

Rough and Finishing Lumber, Mantels, School Desks, Church Seats,

Tables, Door and Window Frames, Railings, Pulpits, Bedroom Suits, Kitchen Tables and Safes, Moldings, Turned Work, Scroll Sawing, Lath, Shingles, Etc.

PATENT BEE HIVES A SPECIALTY. Estimates promptly furnished.

J. F. EDWARDS' BIG WHISKEY HOUSE,

Gainesville and Ocala, Fla.



FINE WINES, WEISKIES and BRANDIES.

The Jug and Keg Trade Made a Special Feature In sending your orders always send enough to cover the cost of jugs. Half-gallon jugs, 102 on jug. 15c; 2-gallon jug. 25c; 3-gallon jug. 35c; kegs, \$1. I sell more whiskey and better whiskey than any house in Florida, because I give good, hon

A trial order wilt convince you that "we are the people." Terms cash with the order. J. F. EDWARDS.

STANDLEY, CRANFORD & CO.

We carry all grades of Wagons, Buggies, Single and Double Harness, Etc., in stock at all times. We have a larger and more varied stock than ever before, and a more up-to-date line can not be found in or near Ocala. Our "best" is better than anybody else's "best." Our leading buggies are the Columbus and Barnesville; our best wagons are the White Hickory and Owensboro. These names are sufficient. We carry vehicles with solid rubber and pneumatic tires, in very pretty shapes. Lap Robes, Horse Blankets, Whips, Piece Harness, Etc. Our prices are the

owest in the state. STANDLEY, CRANFORD & CO.

WW. BENUS